

Employee Assistance Program

Being healthy goes beyond physical exercise and eating right. Emotional wellness, strong personal relationships, and positive attitudes are important building blocks of health that need to be maintained. Yet, at times, we may feel unable to resolve all the decisions, personal problems, family issues or career difficulties we face. In such times, it's a relief to have someplace to turn.

The Employee Assistance Program (EAP) from APS Healthcare fills this need. This program provides professional support services designed to help people cope with a variety of personal and career-related issues. EAP services are easily accessible, confidential and available 24 hours a day at no out-of-pocket cost.

The goal of our EAP is to help people lead healthier lives.

We are available when you need us, whether it's 3 p.m. or 2 a.m. Call us anytime.



800.765.0770

What does our EAP offer?

APS Healthcare EAP professionals are experienced, caring individuals who hold master or doctoral degrees in counseling or a related field.

EAP services are provided for a wide range of issues such as:

- Stress/Anxiety
- Parenting
- Aging
- Grief
- Finances
- Depression
- Relationships
- Child/Elder Care
- Workplace
- Abuse
- Alcohol/Drugs
- Marriage
- Legal
- Family

Many problems can be addressed directly with your EAP professional, but some may require referral to other resources. Your EAP professional will research the most appropriate and affordable resources to help meet your needs.

Is there a cost for EAP services?

EAP services are available at no cost to you, your dependents, and your household members. There may be times when additional services are needed that could involve out-of-pocket costs, depending on your health plan benefit.

Who can use the EAP?

Employee Assistance Program services are available to you, your household members, and your dependent children. The decision to use your EAP benefit is voluntary and confidential.

Confidentiality - the cornerstone of our EAP.

Confidentiality is essential. All discussions between you and your EAP professional are confidential. EAP professionals carefully follow federal laws and regulations regarding confidentiality. Information regarding your contact with the EAP cannot be released without your written consent, except in the following situations:

- by court order;
- imminent threat of harm to self or others;
- or in situations of abuse (such as child or elder abuse).

Most people who call aren't in crisis. They need support or a sounding board.

